



# Moving Beyond Abuse: Stories and Questions for Women Who Have Lived with Abuse

*By Kay-Laurel Fischer, Mike McGrane*

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Participant's journal helps women get even more out of their group This participant's journal is a series of stories and questions that coordinate with the sessions provided in the facilitator's guide, Journey Beyond Abuse. The journal can be used in coordination with a women's group or with guidance of a counselor in other forms of support for dealing with abuse issues. The stories—based on other women's actual abuse and group experiences—help prompt the thoughts of women in your group and confirm their own reality. The open-ended questions provide gentle direction toward gaining insights that help affirm inner strength and heal the wounds of abuse.

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### Editorial Review

#### Review

"Finally, a focused and comprehensive program for women's healing. Use it!" -- *Sue Cramer, LCSW, Navy Family Advocacy Program, San Diego, CA*

#### From the Publisher

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#### About the Author

MICHAEL F. McGRANE, MSW, LICSW, is the director of the Wilder Community Assistance Program. In 1981, Mike founded the Men's Domestic Abuse Program and contributed to the design and implementation of the women's program. He received his master's degree in social work from the University of Minnesota, where he also served thirteen years as a clinical field instructor.

KAY-LAUREL FISCHER, MA, LP, was a counseling psychologist with the Amherst H. Wilder Foundation Community Assistance Program in St. Paul, Minnesota before retiring. She has had a professional focus for over ten years on women's issues and domestic abuse. Kay-Laurel is a graduate of the Alfred Adler Institute, a licensed psychologist, and a member of Minnesota Women's Psychologists.

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